SHORTS

Dulwich Runners AC
Weekly Newsletter
April 9th 2014

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 09 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 13 London Marathon

Tue 15 Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

3 Marathon Information
5 Fixture list, Club champs,XC road, trail etc
6 Race reports and results
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And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Crystal Palace Track

Tuesdays with Steve Smythe - suitable for all abilities
Improve your speed & strength over all distances.
suitable for all abilities.

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

EVENT HORIZON

A brief look ahead

full fixture list page 3

Apr 13 London Marathon

NEW RUNNERS ROTA

Many thanks to **Andy Murray and Mike Mann** for taking out new runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Ameet Patel	**09/04**
John O'Byrne	16/04
Barrie John Nicholls	23/04

LUCKY VEST

April winner - Clare Sinka

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 5**

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in !

Rehydration !

Come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card
It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

DULWICH CHARITY EVENT

Susan Vernon writes:
At the moment no Dulwich Charity event will be taking place this year. Why? Because I have only received one offer to help on the organisation of this event. Is there anyone out there with ideas for an event or an alternative route for our 10k?
We can no longer use our usual course as it is much too crowded in Dulwich Park and through Dulwich Village. Also there is the possibility of the carriageway in the Park being closed for drainage works. I would very much like to hear from lots of people otherwise sadly, after 28 years, this will not happen.
It is very important that Dulwich Runners gives something back to the community so we need an event to raise money for a local charity.
My email address is vernonrun@aol.com and I look forward to hearing from you. Thank you

Orpington High Elms 10k

will take place on Sunday, 15th June 2014 starting @ 09.30 am

- It will be a single lap, challenging course incorporating the park's woodland nature trails and will be 99% off road
- There will be chip timing, medals, prizes, parking and photos all marshalled by the experienced ORR team.
- All profits will be donated to the Alzheimer's Society.
- Full details including arrangements on the day at the new venue and how to enter are available now at www.orprunners.com

We look forward to welcoming you and members of your club to what we think will be a great event.
Any questions please contact
racedirector@orpingtonraces.com
Thanks & regards - ORR Race Committee

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.
The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.
For those wishing to know the Clup Champs rules they are on the clubs website
The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	Rye 10 miles (long)
16 June	Battersea Park 2 miles (short)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPS UPDATE

Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.

GREEN BELT RELAY UPDATE

We have now successfully entered two teams for this year's Green Belt Relay on 17/18 May. This is likely to consist of a men's and women's team. However the women's team numbers are tight, so if anyone else would like to take part, please get in touch.
Those who have put their names have now been contacted with further details, including a request for stage allocation preferences and for a £10 contribution towards entry costs. Provisional stage allocations will be sent round early in April. Mike Mann mcmann90@yahoo.co.uk

GREEN BELT RELAY: URGENT REQUEST FOR WOMEN RUNNERS

We are planning to enter a women's team for the Green Belt Relay on 17/18 May, but need at least 2 additional runners to be sure of fielding a complete team. If you are available and willing to run stages on both Saturday or Sunday or require further details please contact me. Newly joined club members or old stagers who have taken part in the event before are equally welcome. mcmann90@yahoo.co.uk

Good for Age/Championship entry for London Marathon 2015

There are some good times coming through from spring 2014 marathons.
Many of these will qualify our runners for guaranteed entry to the 2015 London Marathon, a World Marathon Major - see below for the draft qualifying times.

Good For Age (draft tbc)
It will be necessary to check the entry details when announced later this month on the Virgin Money London Marathon website, send in a copy of the qualifying result to get a good for age entry form, complete it and pay by early July 2014.
You can apply for a good for age entry if you've run a full marathon in the same time, or faster than, the times listed below, please note the times must have been achieved since the 1st of January 2013:

Men	Time (in hours)	Women	Time (in hours)
Age 18 - 40	sub 3:05	Age 18 - 40	sub 3:45
Age 41 - 49	sub 3:15	Age 41 - 49	sub 3:50
Age 50 -59	sub 3:20	Age 50 -59	sub 4:00
Age 60 - 64	sub 3:45	Age 60 - 64	sub 4:30
Age 65 - 69	sub 4:00	Age 65 - 69	sub 5:00
Age 70 - 75	sub 5:00	Age 70 - 75	sub 6:00
76+	sub 5:30	76+	sub 6.30

UK Championship (draft tbc)
If you're a member of an athletics club associated with British Athletics and you've achieved a championship qualifying performance for a marathon in 2013 or 2014, you can apply for a championship entry place in the 2015 Virgin Money London Marathon.
Entry details are usually advertised in Athletics Weekly in the autumn. Again it is necessary to send in a copy of the qualifying result to get a championship entry form, usually to be sent in by early January 2015.

Do I qualify?

You'll need to have completed a marathon or half marathon in the same time, or faster than, the times listed below – these are the official championship qualifying performance times. Your qualifying time must have been achieved after 1st January 2013:

Men	Time (in hours)	Women	Time (in hours)
Full marathon	sub 2.45	**Full marathon**	sub 3.15
Half marathon	sub 1.15	**Half marathon**	sub 1.30

Steve Smythe

I'm one down on Steve Wehrle on Londons run but if get to start line and finish will be 31st London in row.
Due to injury have run less than 10 days in last 10 weeks so a PW is very likely
London record: wasn't as good as though but good start and downhill ever since but consistent between 2005 and 2010 until injury and old age took toll.

81: 2:29	85: 2:35	93: 2:46	01:2:58	09: 2:47
82: 2:42	86: 2:59	94: 2:44	02: 2:57	10: 2:46
83: No	87: 2:38	95: 2:54	03: 3:22	11: 3:07
Lond.	88: 2:38	96: 2:56	04: 3:01	12: 2:59
on (2:39	89: 2:39	97: 2:48	05: 2:46	13: 3:12
else	90: 2:46	98: 3:00	06: 2:43	
where)	91: 2:43	99: 2:57	07: 2:46	
84: 2:43	92: 2:45	00: 3:00	08: 2:43	

Dulwich Runners doing the London Marathon. Names and times submitted so far.

NAME	TIME	DETAILS
Shona McIntosh	2:40	
Paul Devine	2:45	
Lloyd Collier	2:50 - 3:00	Wearing TWH deckchair !
Ebe Prill	2:59	
Tom Marshall	sub 3:00	
Rob Cope	sub 3 to 3:05	
Andrew Cottrill	3:15	running for VICTA, not in a DR vest
Rob Hollands	3:30	running for Age UK
Olivier Montfort	3:35	
Martin Double	3:40	
Barrie J. Nicholls	4:15	Leukaemia Research vest bright yellow
Charkie Boden	4:15	Running for VSO , in Pink vest
Laura Lane	4:15	Running for VSO , in Pink vest
Gideon Franklin		Motor Neurone Disease Blue vest with name
Steve Wehrle		Lack of decent training means i will be out there most of the day, but back in time for the MARQUIS pub pint at the end!
Oscar Hussey	18:00min	Mini Marathon
John Beck		Handinng out waterr at mile 11

LONDON MARATHON
Wishing all DULWICH RUNNERS doing the LONDON MARATHON good luck for next Sunday.
A special mention this year to Gideon Franklin, Charle Boden and Laura Lane, all running for the first time and who have done all of the training necessary to get round comfortably, having done the long runs planned and the mile rep sessions since January.
My training has not gone as well as last year, so I guess most people will be in the pub before I finish!

Training this year has once again included the mile rep sessions in Dulwich Park which we have been doing for 30 years, since 1984.
Also we did the Richmond run, which is the 21-22 mile route from Roehampton to Bushy Park and back through the wonderful Richmond Park. We have been doing this since the mid 80s also.
This year there were 100s of runners, but they were outnumbered by the cyclists, now this has really become a popular sport.

This will be my final year organising these sessions, which I have much enjoyed, especially when DR runners have done well in their subsequent marathons!
It's been 30 years , but I haven't kept count of how many runners it amounts too??

SEE YOU IN THE PUB!

Steve Wehrle

Nutrition

Those who followed the Asics Marathon team would see that the sub-3, sub 3:30, sub-4 and sub-4:30 all reached their targets in Paris and all ran either faster second halfs or near identical second halfs and finished very strongly. Apart from of course the 'excellent Coaching!', a lot was probably to with the detailed information Ruth, Asics' diatry expert provided them with. More information is available on the RW threads but the seemingly quite excessive food plans seemed to make runners feeling they were eating too much but in no danger of running out of energy in the last 5 miles.
The nutrition isn't as important as the training and the getting the pace right, but getting the diet wrong can undermine great training and good pacing.

Here are Ruth's suggested carb lists for foods/drinks you should be concentrating on in the carb pre-race build up.

- 6" baguette with generous spread of jam or honey: 70-75g carbs
- 200ml carton of orange juice and 2 slices of malt loaf (pre-sliced size) – 60g
- 250g sorbet – 50g carbs
- Fruit scone with lots of jam : 45-50g carbs
- 200ml of orange juice = 20g carbs
- 500ml of diluting juice or squash = 35-40g of carbs
- 1litre of orange juice = 100g carbs (could have over day)
- 1 crumpet and teaspoon of jam plus 500ml of isotonic sports drink – 60g carbs
- I hot cross bun and 200ml carton of fruit juice – 45g carbs
- Bagel and generous spread of jam or honey – 50g carbs
- 1 large banana & 200ml of fruit juice 45-50g carbs
- 250g of fruit salad & low fat yoghurt (the sort of think you can buy at station pre-packed before you broad train) – 50g
- 6 jaffa cakes (52g carbs)

National Masters/Green Belt clash

I do sometimes wonder if I'm in the wrong club. The club has been very poor in getting runners out for the big events this last year. We had no teams in the National cross-country, Area men's 12 stage and women's 6 stage, women's national six stage, national cross-country relays, National masters cross-country championships etc etc all of which we could have done well in. 100s of other clubs did get teams out for most of these.
We hopefully will have a good women's team in the London marathon this weekend but the last decent team effort previously in a national or area event was the National masters cross-country relays back in November where we gained medals in a few events.
It looks like we might have reasonable teams in the National Masters Relays in May but this is being undermined by the Green Belt Event. The latter is a great event and closer to home but it is irrelevant who runs for the club in it and any veteran required for the Masters event would ideally prioritise the Masters event. A non veteran, or one unlikely to be required in the Masters teams, should be found as a replacement for the Green Belt where the focus should be on participation rather than a national championship where we have traditionally challenged for medals.

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury? Are you feeling the strain from your marathon training?
What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner (completed few marathons).

If you would like to know more, discuss a course of treatment or make an appointment, please call:
020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race			Venue
Apr	13	London (or other) Marathon		(long)	London / various
May	1	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k	for online entry see below	(medium)	Bromley, Norman park
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Beckenham - 7:30 start *** note changed venue**
	11	Dulwich Club Champs	2 miles	(short)	Beckenham *** note changed venue**
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	11	Mark Hayes Mile		(short)	Dulwich College Track
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

Ted Pepper online entry **http://tinyurl.com/q98cmgv**
Club champs rules now available on the website

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

1 May	Victoria Park	3.5 miles	7.30 start	
5 June	**Beckenham**	5k	7.30 start	*** note changed venue**
3 July	Battersea Park	5k	7.30 start	
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

9	Apr	Parliament Hill
12	Apr	Tooting track
5	May	Tooting track (same day as Ted Pepper 10k club champs)
10	May	Crystal Palace
10	May	Parliament Hill (10,000m)
19	May	Norman Park
9	Jun	Norman Park
26	Jun	Tooting track
19	Jul	Crystal Palace
21	Jul	Norman Park
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races. Please contact me for further details.
Mike Mann

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound - Men's Road Captain

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so to be sure your race results appear in SHORTS you must send them in.

If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

Paris Marathon

Sam Crump reports....

Going into the race I was unsure what my target time and pace should be. I decided I had two choices: either shoot for the moon and try and get a good for age time of 3.05, which would've been highly risky given the way training had gone, or run a more sensible pace and be as certain as possible of bagging a pb.

Thoughts about the relative merits of each approach were still going through my mind as I approached the start area about 1 hour before the scheduled start time. As I approached the Champs-Elysées I noticed something not often associated with one of the world's most glamorous streets, a row of runners relieving themselves against some railings in clear public view. 'That's not a good omen' I remarked to a friend, making use of the facilities being an essential part of my (surely everyone's?) pre-race routine.

The severity of the situation became increasingly apparent as, from the queue within the start pen, I saw first the wheel chairs, then the elites, then the 'preferential', then the sub three, then my intended 3.15 and finally the 3.30 pens all start the race before me. I was with the 3.45 pen when I eventually found myself ready to start.

Trois, deux, un and I was off. Oh no wait, that was for only the right hand side of the 3.45 pen. Another wait for what seemed like eternity (but was probably only about 5 to 10 minutes), and it was time to go, my marathon was finally underway.

This less than smooth start and associated panic attacks and outbursts of anger vented at no one and everyone had at least made my mind up about the strategy. Finally the idea of trying to get a good for age was out the window and responsibility for this could, in mind at least for now, be left in part with the race organisers. I set off at a pace I was confident I could hold until the end with the intention of seeing if there was anything left in the tank for pushing on in the last 10k.

"I remember saying 'pardon' and 'merci' a lot and feeling extremely guilty"

The run that followed was, for the most part, extremely enjoyable. Starting from the back of a pen a couple behind my target time meant I got to spend almost an entire marathon overtaking people. From a psychological point of view this was a great boost, all the panic from the start was forgotten as I focused on reeling in pacemaker groups whilst weaving through the crowds. I remember saying 'pardon' and 'merci' a lot and feeling extremely guilty when in one of the tunnels I overtook a competitor with a particularly flailing style. As I passed with the obligatory 'pardon-monsieur' I caught an elbow sending me careering into the high back lift of a competitor in front who very, very nearly fell. After that I started deploying a guard arm.

At the 35k mark I passed my girlfriend Sarah for the last time which gave a very welcome boost when it was most needed. Unfortunately her efforts to hold up a 'c'est fantastique crump' sign whilst taking a photo meant my offer of a high-five was left hanging, but I think this can be forgiven. At that stage I thought I was pushing on, it felt like I was pushing on, but the watch and my splits tell a different story.

There was to be a final icing on the cake as I came into the last 500 metres. Someone cut me up, slightly, and said "I'm so sorry". It hadn't really affected me and what did I care? I could see the finish line. With about 100m to go I saw said runner, sallied over and said "do you want a race?" He set off and I found myself sprinting towards the line. I won the sprint and in the sweaty hug that followed I discovered my adversary was a Wimbledon Windmiller.

Overall a much more positive experience than I had anticipated after dubious training post Tunbridge. Could I have made 3.05 without a calamitous start? Based on the evidence no, and I definitely wouldn't have enjoyed the day as much if I'd tried.

Many thanks to Paul, Ebe, Rob, John English, Ian, Steve D, Alastair and everyone else at club for training runs, words of advice and words of encouragement when training had gone awry and my head was down. Very much appreciated.

Sam Crump	3.15.48
Stephen Davies	3.12.44

Brighton Marathon

Oli Thorigood	2.57.02
Edwin McCormack	2.58.04
Alistair Locke	2.58.17
Michelle Lennon	3.56.33
Patrick McMorrow	4.10.30

BM 10k 6 April

I ran the BM 10k this weekend. I finished in 42.21 which is my PB.

Tereza Francova

Darent Valley 10K, 6 April

Despite drizzly conditions at times and a stiff breeze, this was an enjoyable race over a highly scenic course. With an offroad stretch, various undulations and one significant hill at 7k, this is not a fast course, though the last 2k of downhill provided welcome relief to the three club members participating. ***Mike Mann***

6 Tony Tuohy	37:03 (1st M50)
31 Mike Mann	43:13 (1st M60)
308 Richard Pole	70:24

Schneider Electric Paris Marathon 2014

I enjoyed this marathon. I ran a steady, disciplined paced race with a strong finish. My objective was to run to a strategy, not run out of the blocks like a hare and get overtaken later on by the proverbial tortoise, monitor my heart rate, achieve a time of within the 3.15 range and in doing so possibly earn a Fast Good For Age entry to a future London and/or Boston Marathon. And I achieved these objectives.

To provide some context, this contrasts with my last Marathon: London 2011, an absolute train crash of a race. There I was in the Fast Good For Age Start, complacent, I had not been fully committed to the training and I had put on some weight. I had turned up with an expectation of achieving a sub 3.15 time and in the end I crashed badly (metaphorically and literally into a post).

So back to the present. After a relatively strong training campaign (with a lot of support and guidance from fellow club members) and having come through an injury which had put paid to me not doing much running/ racing last year I was looking forward to doing myself justice in this one.

My training had demonstrated that although my pace was good, my endurance was not up to the standard of previous years when I had got close to a sub 3 (Paris 2009) and I did not want to live through my 2011 ordeal again, so I decided to focus on playing it safe.

I closely monitored my heart rate for the first half, fell into a running rhythm, did not get concerned about people overtaking and when I had hit the half way mark I felt very comfortable. It was then that I observed that others around me were finding the conditions some what challenging, and I started to consistently overtake a stream of runners through to the very end.

I had kept my steady pace up to the final 10k and was hoping to increase it further for the final 1/4. But alas, the route was becoming more congested with runners fighting through the humidity, and it was proving difficult to weave in and out. Also, the final stretch of the Paris marathon takes you through a park which is sparsely supported. As such my ebb dipped slightly but I was comfortable to reach the end and manage a sprint finish of sorts for the cameras.

My 5k splits were broadly even. My 5k in the Park at 35-40 km was slightly slower than the others, although I did run a faster final 2k to finish.

The route itself takes the participant from the Avenue de champs élysées heading east through the major touristy sites to the forest on the eastern edge of the capital and back along the Seine heading west past Notre Dame, through a couple of road tunnels - one with disco music and strobe lighting, the Eiffel Tower, through to a meander around the tennis courts at Roland Garos and then into the park with few voices. Then on to the finish along Avenue Foch near the Arc de Triomphe. It's a pleasant one with hardly any uninspiring parts.

The support along the route is good although it does thin out in the 2 parks. Wearing the Dulwich Runners hoops is a positive thing - 'Allez Dulwich'.

In terms of organisation - very well organised. However, with 40,000 runners there are way too few toilet facilities in the start area. Also, water stations are every 5k. This does mean that more runners will have a desire to pick up water from each station.

These can become congested and picking water I felt slowed me down. If this marathon could have more frequent stations like London then that would be a good thing. Something to put on the feedback form which I received today.

From Dulwich, Sam Crump also did this event and although started from a slower pen achieved a very good time.
Steve Davies.
3 h 12 min 44 Sec
Half way 1 hour 36 min.

Paris Marathon, April 6

Conditions very humid, partially sunny and overall a little too warm. Great course. Can recommend last 18 miles of it if you end up doing pacemaking duties.

Steve Davies (2050th 3:12:44) and Sam Crump (2483rd 3:15:48) both ran very steady races with 5km splits of:

SD	SC
22:35	23:03
22:58	23:24
22:46	23:13
22:28	23:05
22:42	23:14
22:46	23:20
22:59	23:13
23:26 plus 10:04 halfs of 1:35:48 and 1:36:56	23:09 plus 10:07 halfs of 1:37:52 and 1:37:56

Dominic Joyner (14628th 3:58:00) ran a far more aggressive race but ended up with a slower time.

DJ
21:04
21:56
21:50
25:45
27:48
31:55
32:47
38:50 plus 16:05 halfs of 1:36:39 and 2:21:2

Blackpool Marathon

To keep it short, the time I should have spent warming up was spent duck taping my car window and obtaining a crime number after my car was broken into on Saturday night.

With virtually no warm-up time, I started slowly around 7:30 per mile and gradually increased to 7 min miles, the rain was coming down hard and heavy wind was behind me until the 9th Mile when the course looped downhill onto the lower promenade and went back in the opposite direction, I now felt the full force of the head wind and the struggles started.

My mile splits were now over 8 minutes per mile with a nasty sea salt taste in my mouth as I battled the winds I soon realised the dream of a good for age time was over.

In the end I just took it as easy as possible to save myself for another attempt in a month or so and despite this I still gained a PB of around 11 minutes!

The whole experience has made me more determined to succeed next time (which wont be very long)

Kevin Chadwick 3:31:59

Manchester Marathon

A pretty fast course on a good day for running temperature wise (12C) if a bit windy, with it being more against in the 1st half than the 2nd.

Marjorie had a superbly even paced race, going through the half in 1:42:49 despite going faster than the pre race 3:30 target pace and finished 3rd FV50. Paul went through halfway in 1:33:55 in an attempt to go sub 3:10, but really struggled from 18 miles, not aided by a cramping left calf. With the prospect of even missing the London fast for age V50 qualification, he managed to slightly stem the tide from 24 miles and at least achieve that. Interesting to note that Marjorie was actually quicker than Paul over the 2nd half.

631 Paul Mottram 3:18:04
959 Marjorie Epson 3:26:12 (3rd FV50)
5900 runners

Paul Mottram

Dulwich Runners Club Kit

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

ASSEMBLY LEAGUE 3M, Beckenham, April 3

A very good turn out and excellent performance from the men, who packed well and finished a close third in the men's team and won the B team event on countback.

The women were understrength and not at their best and suffered a rare loss to Kent AC but did finish a clear second.

Ed Hill ran well and well up on his previous form, and finished strongly just ahead of Paul Devine, who took it easily over the first half and moved through strongly and was still 45 seconds faster than September.

Tony was down on his April run and struggled a bit on the second half after his half-marathon.

Charlie Lound ran strongly and Wayne Lashley moved through and was much quicker than in last run here.

Rob Cope came through strongly and was almost two minutes up opn September and Ebe had another steady run.

Oscar Hussey, started fast and carried on his recent run of form and was 100 seconds up on his last run and he was a record 52 seconds up on his dad, who isn't at his best,

Of the remaining men, Chris Loizou and Mike Mann didn't have great runs but were first in their age group.

Martin Double and Gideon Franklin made good league debuts. Regulars Andy Murray, Pete Gibbons, Kev Wood all had par runs though Barrie John Nicholls had an above average run. John O'Byrne made a welcome appearance to complete the Dulwich team.

Clare Elms, felt her racing in Budapest and wasn't at her best and lost out on the women's race up the final hill for a very rare Beckenham defeat.

Andrea Pickup, can always be relied upon to run well for the club at Beckenham and she was well up on her September form.

Cara Oliver came through strongly to complete the A team scoring but we lost out to Kent.

Ola, probably wasn't at her very best and led in the B team and the team was completed by regular Ros Tabor and a not yet fully fit Sue Cooper.

The C team all ran well and Clare Wyngard, Lindsay Annable and Stephanue Burchill were all up on the previous runs.

Steve Smythe.

9	Ed	Hill	SM	16:21 (16:50 in Apr)
10	Paul	Devine	SM	16:25 (17:10 in Sept)
12	Tony	Tuohy	M50 -1	16:27 (16:33 in Sept)
15	Charlie	Lound	M45 - 1	16:32
17	Wayne	Lashley	SM	16:41 (17:27 in Apr)
2W/37	Clare	Elms	W50 – 1 (2W)	17:29 (16:55 in Sept)
38/36M	Rob	Cope	M40 - 5	17:33 (19:15 in Sept)
39/37M	Ebe	Prill	M50 - 2	17:33 (17:32 in Sept)
53/49M	Oscar	Hussey	U20 – 4 (U15)	17:56 (19:36 in Sept)
61/57M	Chris	Loizou	M55 - 1	18:12 (17:56 in Sept)
74/69M	Duncan	Hussey	M45 - 8	18:48 (18:18 in Sept)
80/74M	Mike	Mann	M65 - 1	19:01 (19:20 in Sept)
7W/81	Andrea	Pickup	W45 – 1 (7W)	19:03 (19:26 in Sept)
9W/90	Cara	Oliver	W40 – 1 (9W)	19:15 (19:45 in Sept)
11W/96	Ola	Balme	W45 – 2 (11W)	19:28
113/98M	Martin	Double	SM	20:09
129/113M	Gideon	Franklin	M50	20:33
130/114M	Andy	Murray	M60 - 3	20:33 (20:37 in Sept)
22W/141	Ros	Tabor	W60 - 1 (22W)	21:04 (21:42 in Sept)
26W/153	Susan	Cooper	SW (26W)	21:43
156/128M	Barrie J.	Nicholls	M60 - 4	21:50
28W/158	Clare	Wyngard	W50 (28W)	21:56 (22:05 in Sept)
161/132M	Peter	Gibbons	M55 - 5	22:07
37W/173	Lindsey	Annable	W45 (37W)	23:00 (23:23 in Apr)
187/139M	Kevin	Wood	M55	24:58 (24:55 in Apr)
53W/196	Stephanie	Burchill	W55 (53W)	26:35 (26:47 in Sept)
199/143M	John	O'Byrne	M60	30:44
201 ran				

Men Team

1 Stock E 2, 5, 6, 22 = 35; 2 VPH 1, 3, 13, 20 = 37; **3 Dulw 9**, 10, 12, 15 = 46; 4 Kent 102; 5 Camb H 121; 6 Eton M 124; 7 Ravens 136; 8 Lloyds 136

B TEAM: 1 **Dulw B 17**, 36, 37, 49 = 139; 2 VPH B 24, 25, 32, 58 = 139; 3 Kent B 41, 42, 48, 67 = 198; 4 Eton M 224; 5 Ravens B 50, 59, 66, 70 = 245

Beck B 301

Women TEAM: 1 Kent 1, 4, 8 = 13; **2 Dulw 2**, 7, 9 = 18; 3 Eton M 3, 13, 14 = 30; 4 VPH 5, 12, 25 = 42; 5 Kent B 45; **6 Dulw B 11, 22, 26 = 59**; 7 Serp 74

8 Beck 74; **10 Dulw C 28, 37, 53 = 118**

April 5th

Brockwell

26	Ola Balme 2W	19.53
32	Mark Foster	20.22
43	Cameron Timmis	21.14
44	Sarah Cross 5W	21.15
63	Ros Tabor 10W	22.01
81	Andy Murray	22.39
179	Sarah Lyness 55W	29.07

Ros Tabor

Bromley

19 Oscar Hussey 19:13 (PB)
363 ran

Burgess

15 Jim Dowsett	20:21 (PB)
59 Barry Evans	26:17 (1M65)

104 ran

Crystal Palace

The King is dead, long live the Princess! Well it had to happen Belinda has been getting faster and knocked another 30 seconds off her PB this week to record her fastest ever parkrun. Not only that but she cruised past her Dad at halfway and stayed there

6 Andy Cottrill	19.24
21 Paul Hodge	21.56
28 Belinda Bell 2W	22.28 (PB)
32 Bob Bell	22.48
34 Yvette Dore 4W	23.04 (PB)
82 Paul Hilton	25.57

150 ran ran

Bob Bell

Dulwich

10 Wayne Lashley	17:32 (PB)
25 Toby de Belder	19:08 (PB)
30 Gary Sullivan	19:28 (PB)
31 Paul Devine	19:33
39 Oliver Montfort	19:56
54 Ajay Khandelwal	21:08
70 Chris Goodman	22:12
84 Emma Ibell 7W	23:22

99 Mick Mead 24:37

Great Lines

Continuing my tour of parkruns in the South East, we plumped for this well organised and friendly event held in Great Lines Heritage Park near Chatham.

This has over 170 acres of magnificent parkland with great views over the surrounding area, with the Royal Naval War Memorial dominating from its lofty position at the top of the hill.

The nearby Medway Park Sports Centre offers the luxury of parking, loos and showers! Of the 8 different parkruns that I have now tried, this 2 lap course was the toughest so far with a steady climb up to the war memorial early on in each lap following a 400m circuit of a soccer pitch. In addition there are two very sharp turns at the top of each lap after passing the memorial.

I had been aiming for an eminently attainable M55 - 59 course record (20.52), but was joined by another gentleman of similar "vintage!" for the first 3kms and had to work far harder than I originally intended.

Thankfully I had saved enough to clock 3.30 for the final kilometre, much of which was a gradual downhill to the finish.

5 Nick Brown 19.19 (M55 course record)
157 ran

Hilly Fields

15 Ewan Mitchell 21:58 (PB
101 ran

Milton Keynes

Clare and Mike once again timed their departure on a trip north so they could drop into a parkrun close by the M1. This time they were on their way to Nottingham, for son Alexander's 21st, but broke the journey in Milton Keynes.

The MK parkrun is a single lap, basically around a lake, so mainly flat, but with an excursion around the 'Peace Pagoda' there that involved at least one small hill. As might be expected it's one of the bigger events attracting 500+ occasionally although this time it only just crept over the 400 mark.

Even so this made for a bit of congestion at the start but Clare and Mike, in that order, soon settled down comfortably in the top 100 of the field and with plenty of runners, but not too many, to compete alongside. We were also delighted to be cheered on by an old school friend of Clare's who now lives in the area and had been pre-warned that we would be dropping by

Both of us were 'mentioned in despatches' in the race report as 'high run tourists' - it was further explained that we would normally be 'tearing around Crystal Palace' (I've since corrected the organisers on that little detail!).

Clare got a further mention as the runner with the third highest overall percentage, just a few hundredths, in fact, behind the first finisher.

71 Clare Wyngard 7W	23:13 1st VW50)
74 Mike Dodds	23:23

Riddlesdown

9 Angie Norris 2W	20:31

92 ran

Wimbledon Common

126 Lindsey Annable 17W	23.57

337 ran

New members especially ! and others....
Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This help us pick out all our runners for the weekly results.

DULWICH RUNNERS AC

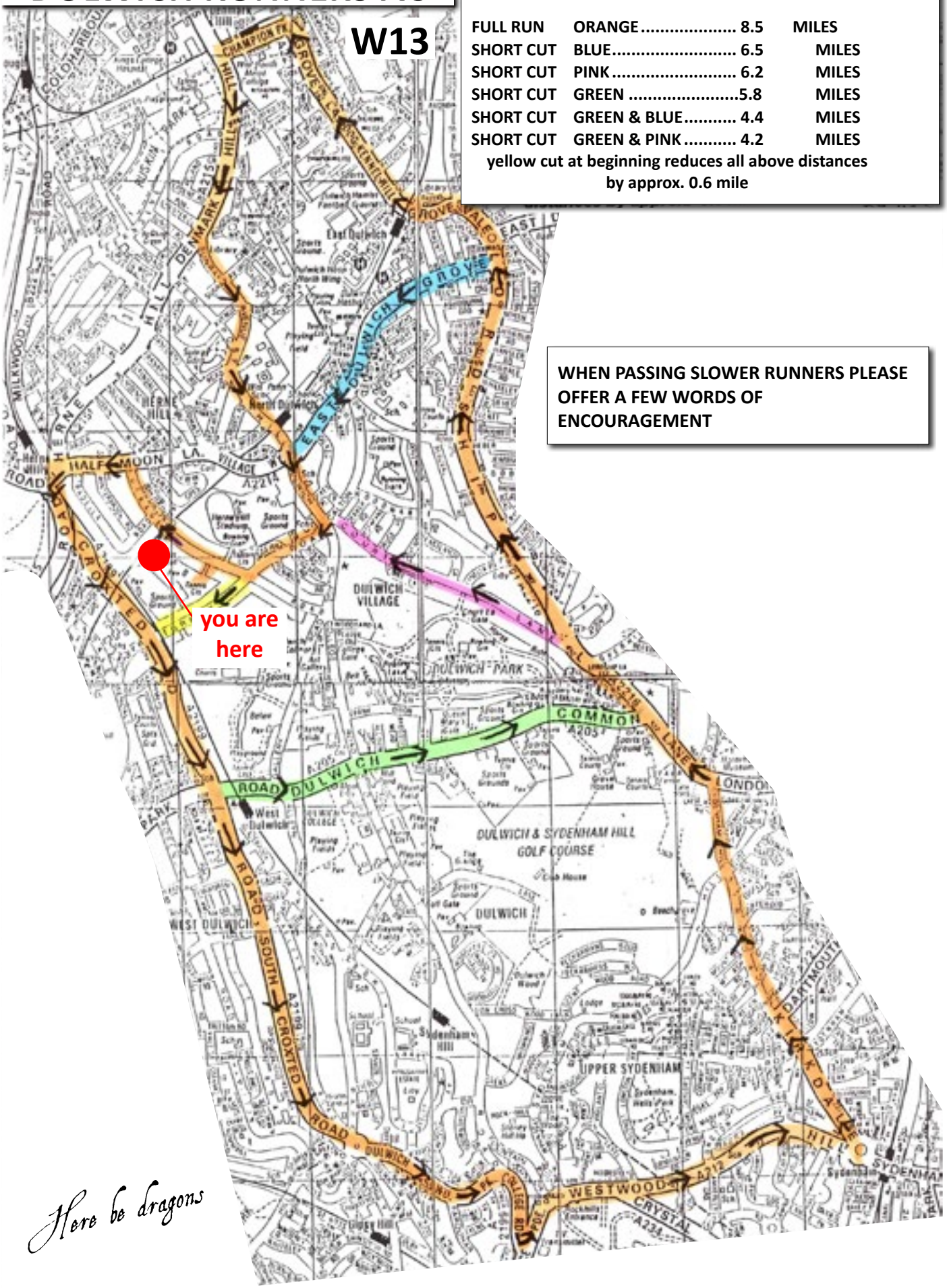
W13

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	8.5	MILES
SHORT CUT	BLUE	6.5	MILES
SHORT CUT	PINK	6.2	MILES
SHORT CUT	GREEN	5.8	MILES
SHORT CUT	GREEN & BLUE	4.4	MILES
SHORT CUT	GREEN & PINK	4.2	MILES

yellow cut at beginning reduces all above distances by approx. 0.6 mile

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT



Here be dragons